



## WHEN LIFE GIVES YOU LEMONS

LONDON BUSINESS STUDENTS MAKE LEMONAID ... ER, ADE ... ER, BOTH

PAGE 3



LONDON

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Tuesday, April 10, 2012



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# Training us to be mall rats?

## Parking fees.

Downtown business owners say rate hike will drive even more people out to the suburbs to shop



ANGELA MULLINS

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City councillors will vote Tuesday on a proposal that would boost the price of parking.

Staff have recommended raising the hourly meter parking rate by a quarter — to \$1.50 — and starting free evening parking after 9 p.m. in most places. Right now, meters stop ticking at 6 p.m.

The proposal is aimed at generating about \$520,000 a year in new revenue for the city, a figure that was approved as part of the 2012 budget.

A council committee voted against the proposal last week. Instead of changing the way evening parking works, the committee advised raising meter fees to \$1.75 an hour — a move city staff estimated would bring in an extra \$400,000 a year.

Tuesday's vote is expected to seal the deal on the issue. Business owners and the head of Downtown London, an organization that represents them, have sounded off

### Tuesday's agenda

#### City councillors will:

- Hear a report on a 3.1 per cent hike in their salaries. City policy makes the increase automatic in years when administrators get raises.
- Consider a report on establishing fixed water and sewer rates.
- Consider an upgrade of nearly \$500,000 to the Walter Blackburn Memorial Fountain at the Forks of the Thames River.
- Consider a contract for about \$7.9 million in road projects.

against the changes.

Keeping meters ticking later in the day would be a "step in the entirely wrong direction" for a parking system that's already broken, one nightclub owner said last week.

John Scott-Pearse, owner of Robinson Hall, Thorny Devil and Rouge, said the city has a shortage of spaces and hands out too many tickets as it is.

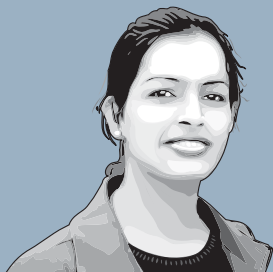
"They're training people to shop (at) Masonville (mall)."

Council meets at 5 p.m. in its chambers at city hall (300 Dufferin Ave.).



# PUT TO THE TEST

Sharpen your pencils. For most students, final exams are less than a week away. As Western University student Oren Rittenberg, 20, of Toronto knows all too well, the end-of-the-year push can be a tough one. Turn to page 4 for some expert tips on easing the pain. ANGELA MULLINS/METRO



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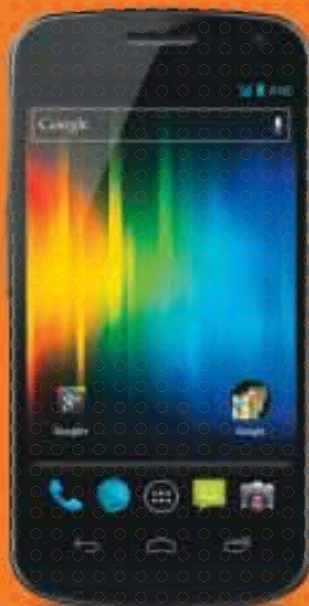
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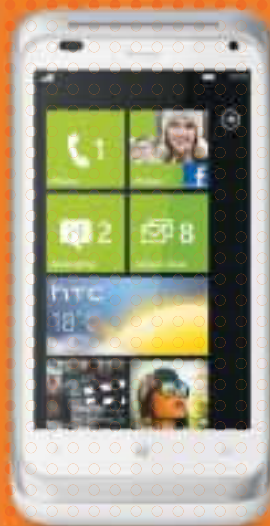
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## Homophobia?

### Student council investigating bar complaint

The University Students' Council at Western is looking into a complaint that two male students were allegedly kicked out of a Richmond Row bar shortly after showing affection toward one another, USC president Andrew Forgione said.

The incident happened Thursday at Jack's (539 Richmond St.), and student council representatives were trying to get a statement from the bar on Monday. Metro's attempts to reach the establishment were unsuccessful.

ANGELA MULLINS/METRO

## Property deal

### Portage Place mall sold by Huntingdon

The Portage Place shopping centre in Peterborough is being sold for about \$26 million by Huntingdon Capital Corp.

Portage Place is being added to a previously announced sale of four retail properties in several Ontario communities.

With the addition of the Peterborough shopping centre, the five-property deal has an overall value of \$80 million.

The four other Ontario property sales, announced Feb. 14, are the Crossroads Centre in London, Suncoast Mall in Goderich, Lincoln Centre in Welland and Speedvale Centre in Guelph.

"The proceeds from the sale will be used for the repayment of mortgage debt, the return of capital to shareholders and potential acquisitions," Huntingdon said. **THE CANADIAN PRESS**



Western University's Andrew Mitri, 20, left, and Breanna Halyk, 21, operate a lemonade stand Monday at King and Talbot streets. The Richard Ivey School of Business students are some of about 550 competing this week to sell the most lemonade as a fundraiser for the United Way. ANGELA MULLINS/METRO

# Students turn lemons into aid

## LemonAid fundraiser. Western students put business strategies to the charity test



ANGELA MULLINS  
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Turns out the oldest money-making strategy in the play-book works just as well for Western University's budding entrepreneurs.

Armed with tubs of lemonade and cardboard tables,

about 550 third-year Ivey students hit city streets — and Western's campus — Tuesday for the school's annual LemonAid fundraiser.

Broken into groups of eight, the teams have until 9 a.m. Wednesday to raise as much money as possible for the United Way of London & Middlesex. Last year's effort brought in more than \$30,000 for the Boys & Girls Club, said participant Alex Leduc, 20, of Windsor.

While helping the community is nice, there's more on the line for students. LemonAid is somewhat akin to a

final project in a course called Learning Through Action.

Students have to develop a lemonade-hawking strategy and then use it to bring in a big haul for charity — and high marks for themselves.

"It kind of combines all of our courses ... (like) finance and marketing," Leduc said.

As for his group's strategy, location — a corner near the Covent Garden Market and the John Labatt Centre — is key.

"There's a lot of foot traffic ... and people are likely to have spare change," Leduc explained. That, and having a few media outlets nearby,

## How to help

- Keep your eyes peeled Tuesday for Ivey's LemonAid stands. The stands are expected to be on city streets, including many in the downtown core, all day as business students take what they've learned in class to the streets.

helps make the corner even more appealing.

"It makes (getting publicity) convenient," he said.

## Report. Codeine concerns linger in children, say Western researchers

Researchers at Western University are sounding fresh alarm bells about the risks of prescribing codeine-based drugs as post-surgical painkillers for children.

A report published in the most recent edition of the journal *Pediatrics* examines three cases in which kids died or had life-threatening complications after having ear, nose and throat surgery and taking codeine.

Dr. Gideon Koren, the Ivey chair in molecular toxicology at Western's Schulich School of Medicine and Dentistry, first sounded alarm bells about codeine in youngsters in 2009.

The new cases — all occurring since November 2010 — are further proof of a problem, Lauren Kelly, lead author of the new report, told Metro.

"That's the main point of these cases — this wasn't just a one-time thing," said Kelly.

The Western researchers' work deals largely with kids who had their tonsils removed because of obstructive sleep apnea syndrome.

Researchers found that two of the three children involved had a gene that caused their bodies to turn codeine into morphine faster than what's considered normal.

ANGELA MULLINS/METRO

## The cases

- A four-year-old Ontario boy died a day after having surgery. He received four doses of liquid codeine.
- A five-year-old U.S. boy died a day after surgery. He was prescribed acetaminophen and codeine every four hours.
- A three-year-old Canadian girl was found unresponsive shortly after receiving codeine. She was resuscitated.

## Bargaining. Minister raps teachers' union for bolting from table

Ontario's Liberal government is putting pressure on elementary school teachers to take part in a forum aimed at guiding collective bargaining.

Education Minister Laurel Broten accused the Elementary Teachers' Federation of Ontario on Monday of walking away from a discussion table that has proven productive in the past.

With teacher contracts set to expire in August, the provincial discussion table allows teacher and staff unions and trustee associations to discuss issues and come up with a



Education Minister Laurel Broten.  
COLIN PERKEL/THE CANADIAN PRESS

framework for local collective bargaining.  
**THE CANADIAN PRESS**

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NEWS

## On the web

### Ronnie Wood launches N.Y. exhibit

At the New York launch of his exhibition *Faces, Time and Places*, which features his own paintings, guitarist Ronnie Wood talks about the Rolling Stones heading to the studio, his solo projects and art versus music. Watch at [metronews.ca](http://metronews.ca)

### Students save school bus driver

Students in Washington state stopped a school bus on Monday after the driver lost consciousness, officials say. One seventh grader says he grabbed the wheel while others attempted CPR. Watch at [metronews.ca](http://metronews.ca)

## Mobile news



Considering what happened to the Titanic, it's curious that so many people are fascinated by what its passengers ate. A century after the disaster, books and websites are devoted to the subject. Scan for the full story.

## Suspect in custody. Man accused in pair of violent assaults

A suspect in connection with two stabbings and a confrontation on Thursday night has been arrested.

Michael Leonard, 31, of no fixed address was arrested by OPP at the Chipewewa of the Thames First Nations community Sunday at 11:48 p.m.

Leonard was wanted by London police for two counts of aggravated assault and one count of possessing a dangerous weapon, stemming from three incidents Thursday night.

In the first incident, a man attempted to goad a group of people into a fight in the area of Wellington Street and Horton Street while he was armed with an edged weapon. No altercation ensued and the suspect walked away.

The second incident occurred at 7:52 p.m. when a man had his face cut by a suspect around Horton



Michael Leonard CONTRIBUTED

and Colborne streets. At 8:26 p.m., another man's neck was cut by a suspect at Hamilton Road and Adelaide Street.

Both victims suffered non-life-threatening injuries.

If seen or if anyone has any information that may help this investigation, please visit londoncrimestoppers.com.

METRO

## Exam stress. Preparation by students is key to avoiding exhaustion and finding success

Frazzled, worried, anxious, alarmed.

All words that could describe nearly any Fanshawe College or Western student during the days leading up to exam week.

But it doesn't have to be that way, said Marilyn Turner, Fanshawe's assistant manager of counselling and accessibility services.

The big hooray of the traditional academic year can be manageable with the right approach: One that starts right now, a little shy of a week before testing kicks into high gear.

"Wait any later, and you've kind of run out of (opportunities)," she said. "There's still time. Not a lot, but some."

Turner offered several pieces of advice for being prepared while avoiding exhaustion and stress:

### Ask for help

Meeting with a student advisor or similar staffer is key to exam success. For students who've fallen behind in coursework, the meeting could help set them on the right path.

People who feel they're up to speed could benefit from a meeting as well, since an advisor could point out any last-minute unknowns or

conflicts.

### Set priorities, avoid comparison

Everyone has strong subjects, and they often require less preparation than others. If you feel like you've got the hang of your math class, consider giving it a less study time than other subjects. Your friends may be different, so don't try to match their habits.

### Have a plan, man

Developing a written study plan sounds kinda nerdy, but it's not a bad idea. Based on your exam schedule, figure out what you need to study and how much time you have to devote. It's a good way to block off time and avoid getting lost in a hazy sea of seemingly endless work.

### Set limits

Studying hard is a good thing. Studying too hard is a bad thing. The balance between the two varies. The key, Turner said, is knowing what "your body is able to take."

"Each course will be different, each person will be different," she said. "If you study so long (that) you're exhausted, that's too much."

ANGELA MULLINS/METRO



London Knights goalie Michael Houser gets a close-up look at the puck during Game 3 of the team's series against the Saginaw Spirit on Monday at the JLC. Saginaw won the game 5-2 to take a 2-1 series lead. MARK SPOWART/FOR METRO

# Red, white and boo

**OHL Playoffs.** Saginaw Spirit storm into London, beat the Knights 5-2



JOHN MATISZ  
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Rock-solid goaltending and a set of smooth hands combined to defeat the London Knights Monday night.

In Game 3 of the Western Conference semifinal, the Saginaw Spirit — on the backs of netminder Jake Paterson (42 saves) and forward Michael Fine (three goals) — nudged ahead 2-1 in the best-of-seven series by

taking the game 5-2.

Despite trailing by a goal heading into the final frame, the Knights had a sizable shot lead (34-22) and were rarely outside of the No. 5 seed's end.

Fine's first tally, the eventual game-winner, broke the camel's back at 7:56 of the third period.

London's leaders, defencemen Scott Harrington and Jarred Tinordi, believe attention needs to be paid to fundamental hockey if London expects to even the series on the road Wednesday.

Paterson, an NHL draft-eligible goaltender who had a .904 save percentage in 42 regular-season games this year, kept the home team at bay throughout the contest

### Big number

# 33%

Saginaw's power-play success through three games.

with sound positioning and grace under pressure. In comparison to Sunday's Game 2, also a 5-2 victory for Saginaw, Paterson saw 20 more shots.

"We just have to get traffic in front. We're getting a lot of outside chances, but not enough from the high-scoring areas," said captain Jarred Tinordi, who was a game-low minus-2 before 7,897 at the John Labatt Centre.

The Spirit's power play went 2-for-4, bringing their

series success rate to one goal for every third opportunity. Both tallies followed undisciplined penalties from the Knights, as Seth Griffith took an after-whistle cross-checking minor and Ryan Rupert was sent off for goalie interference.

"The ways we've found success all year, we've gotten away from that these last two games," assistant captain Harrington said. "(We haven't shown) urgency after having good first periods."

Sophomore forward Andreas Athanasiou sat out his second straight game. Teammate Brett Welychka did not play in Game 3 either, as he was scratched for the third time in seven post-season games.

## Handful of Knights make final draft rankings

As the London Knights continue to participate in a chess match on the ice versus the Saginaw Spirit, the dominoes are beginning to fall in anticipation of the 2012 NHL entry draft this coming June.

The NHL Central Scouting Bureau's final prospect rankings were released Monday and London is well represented.

Olli Maatta, a jack-of-all-trades rearguard, finished eighth amongst draft-eligible skaters playing in North America.

"The thing you think about when you think of Olli Maatta is that he's a complete player," NHL scout David Gregory said. "He is one of the most NHL-ready players in this draft."

The club's last line of defence, Michael Houser — who has been looked over during

the previous two drafts — is No. 16 on the North American goaltenders ranking.

Despite posting impressive numbers — 2.47 goals-against average, .925 save percentage and 46 wins — Houser trails a large contingent of younger peers. The past, Gregory notes, is indeed a factor.



Olli Maatta

"If you look at the whole package, and the fact that teams have had a chance to draft him in the past, you realize something's missing," he said of the 1992-born goalie.

As for 57th-ranked Josh Anderson, a six-foot-one, 183-pounder winger, Gregory says he brings — among other things — an ability to

### Noticed Knights

- Olli Maatta, D — 8th (North American skaters)
- Michael Houser, G — 16th (NA goalies)
- Andreas Athanasiou, F — 40th (NA skaters)
- Josh Anderson, F — 57th (NA skaters)
- Chris Tierney, F — 118th (NA skaters)

handle the puck in traffic.

Mark Edwards, founder of an independent scouting service named HockeyProspect.com, has had the Burlington native pegged as a top-80 prospect all season.

"He's a typical case of a kid that might go later because of being on a fourth line on a good team," Edwards said.

Notable Knights left off the rankings include leading scorer Seth Griffith (1993-born) and the Rupert twins, Matt and Ryan (1994-born).

Sarnia Sting forward Nail Yakupov is considered the favourite to have his name called first at the draft. The 18-year-old Russian is listed as not only the top North American skater but also the entire draft pool's elite talent.

The Belleville Bulls' athletic netminder Malcolm Subban, brother of NHLer PK, heads all domestic goaltenders. Over in Europe, Sweden's Filip Forsberg (skaters) and Russia's Andrei Vasilevski (goaltenders) set the pace.

JOHN MATISZ/METRO



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Torque (lb.-ft.)	<b>181</b>	163	171
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# Transgender model tells story in TV interview

## Reinstated.

Vancouver's Jenna Talackova allowed to compete in Miss Universe Canada, says Donald Trump

Miss Universe contestant Jenna Talackova has a boyfriend and hopes to have two kids some day, but didn't initially tell him she was born male, the transgender Canadian beauty queen said Monday.

In an interview with ABC Television's Good Morning America, Talackova said she and her boyfriend of two-and-a-half years needed to get to know each other as friends before she told him about her sex-change procedure.

"Of course I had to let him know," Talackova said.

"He was very supportive, very accepting. He saw me for who I was."



Jenna Talackova, left, poses with ABC's Barbara Walters in New York. HEIDI GUTMAN/ABC/THE ASSOCIATED PRESS

Talackova was asked whether she wants to have children. She replied, without elaborating, "Yes, I want to have two children."

Talackova, 23, had already made the Miss Universe Canada final before pageant organizers unleashed a wave of global media attention last month by disqualifying her on the basis she had to be a "naturally born"

female.

Pageant owner Donald Trump finally stepped in and overruled that decision, reinstating her ahead of the May 19 Miss Universe Canada contest.

High-profile American lawyer Gloria Allred said Trump did the right thing by allowing Talackova to stay in the competition, because the disqualification was simply wrong, something that should be recognized globally.

"We wanted Donald Trump to step up and be a leader in this battle for equality (and) we're very happy that he has conceded that rule does violate the laws of Canada and of the United States," Allred said.

Trump appeared to agree with that position last week, saying it wouldn't be fair to allow transgender contestants to compete only in certain countries.

Talackova, of Vancouver, underwent sex-change surgery at age 19. **THE CANADIAN PRESS**



## Thousands gather for Vimy ceremony

Gunner Joe Foster, of the 15th Field Artillery Regiment, plays Last Post during a Vimy Day ceremony at Victory Square in Vancouver on Monday. In France, thousands of students carrying Canadian flags and banners paid silent tribute to nearly 3,600 fallen countrymen. An estimated 5,000 students braved persistent rains during a slow march that covered the two kilometres from France's Vimy Ridge Memorial to a pair of cemeteries where Canada's war dead are buried. Gov. Gen. David Johnston, Veterans Affairs Minister Steven Blaney, and other Canadian and French dignitaries were on hand for the ceremony. DARRYL DYCK/THE CANADIAN PRESS

## Next question

### Expert asks: What can the F-35s do?

An expert who's tracked the controversial F-35 stealth-fighter program says the Canadian government is not going far enough — and should conduct a thorough audit of what the new jet

can and cannot do.

Winslow Wheeler, of the Washington-based Centre for Defence Information, says the debate following last week's auditor general report needs to move beyond the eye-popping cost and muddled procurement process.

The Harper government last week committed to reviewing the acquisition

and sustainment costs of the F-35, among other things.

Wheeler, who's testified before Parliament and spent years working for the U.S. General Accounting Office, says auditor general Michael Ferguson's report was actually tame, and what's needed now is an independent, fact-based analysis of the claims made by the manufacturer.

**THE CANADIAN PRESS**

## Diamond Jubilee. Number of applications overwhelms Canadian Heritage: Report

A new document shows the Department of Canadian Heritage was flooded with applications for money to throw community celebrations to mark the Queen's 60th year on the throne.

Companies, schools, municipalities and other groups can apply to a \$2-million pot for money to host their own Diamond Jubilee parties.

But a report by the Diamond Jubilee advisory committee said that by last fall, the department had already received more party pitches than it could pay for.

The report did not say how many of those eligible proposals would actually be funded. Nor did it give any examples of the celebrations proposed.

The government has not disclosed which groups received Diamond Jubilee money.

A spokesman for Heritage Minister James Moore said roughly half the funding has so far been allocated. The rest will be disbursed later this year.

The head of the Monarchist League of Canada attributed the large volume of applications to a renewed

## Costly celebration

Canadian Heritage received 232 proposals in the first round, of which 180 were eligible for funding.

- Seventy-eight proposals came from Ontario. Another 50 came from Atlantic Canada and 49 came from British Columbia, Alberta and the Yukon. Thirty-nine came from Saskatchewan, Manitoba, the Northwest Territories and Nunavut. Only 16 came from Quebec.

interest in the monarchy and the Royal Family.

"A lot of it has to do with the royal wedding of last year," Robert Finch said. "But equally, people have started to really recognize that the Queen herself is worthy of the celebration."

The government is spending a total of \$7.5 million on the festivities. That includes \$2 million for the community celebrations and \$3.7 million for 60,000 special medals for civic-minded Canadians.

**THE CANADIAN PRESS**

## Investigation. Canadian navy may be linked to endangered orca's death

The corpse of a young killer whale whose death may be linked to Canadian war games has prompted an investigation by U.S. authorities.

The body of the southern resident orca — an endangered species in the United States — was discovered on Long Beach in Washington state in February, just days after HMCS Ottawa conducted sonar training exercises in the waters off Victoria.

A preliminary examination indicated significant trauma around the head, chest and right side of the orca known as L112, but results of necropsy

and pathology tests and a scan of the animal's head are incomplete. Just hours after the navy sonar tests were heard, southern resident killer whales were spotted in the same area in the Haro Strait that divides Canada and the United States.

The law-enforcement office of the U.S. National Oceanic and Atmospheric Administration, or NOAA, has launched an investigation into the death. Brian Gorman, with NOAA's National Marine Fisheries Service, said investigators haven't made a connection between the naval exercise and the death of the whale. **THE CANADIAN PRESS**



The body of a three-year-old female killer whale washed up on Long Beach, Wash., in February. Experts are trying to find if sonar testing by a Canadian naval ship may have contributed to the death. CASCADIA RESEARCH/CONTRIBUTED

## Quebec quarrel

### Massive student protest planned

Students are fighting Quebec's plan to raise tuition by nearly 75 per cent over five years — a jump that would still leave provincial tuition among the lowest in Canada.

Protest organizers also say they are planning a massive demonstration in Montreal for this Saturday — to mark the ninth anniversary of Jean Charest's election as premier on April 14, 2003.

**THE CANADIAN PRESS**

## Alleged stalker

### Quebecer arrested near actor's home

New York City police are confirming they have arrested a Quebec woman for allegedly stalking actor Alec Baldwin.

A police spokesman says Genevieve Sabourin was arrested last night at Baldwin's Manhattan home. She was arrested and charged with aggravated harassment and stalking. Sabourin has not yet been arraigned.

**THE CANADIAN PRESS**

## Report

### European fungus killed bats

The mysterious deaths of millions of bats in Canada and the United States over the past several years were caused by a fungus that hitchhiked from Europe, scientists reported Monday.

Experts had suspected that an invasive species was to blame for the die-off from "white nose syndrome." Now there's direct evidence the culprit was not native to North America.

**THE ASSOCIATED PRESS**

## Pickton trial

### Surviving sex worker to testify

A former sex worker who survived an attack on Robert Pickton's farm five years before he was arrested is set to testify at the public inquiry into the case in Vancouver.

The hearings are examining the failed police investigation into Pickton, but also the Crown's decision not to prosecute Pickton for the 1997 attack.

**THE CANADIAN PRESS**





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Optima LX  
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HWY: 5.7L/100KM  
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Optima SX Turbo shown

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AT **2.9% APR**

\$2,199 down payment. Offer based on 2012 Optima LX M/T and includes delivery, destination and fees of \$1,939 and **\$1,000** lease savings.\*

<b>DARE TO COMPARE</b>	<b>2012 KIA OPTIMA LX A/T</b>	<b>2012 Honda Accord SE A/T</b>	<b>2012 Toyota Camry LE A/T</b>
Horsepower (hp)	<b>200</b>	177	178
Torque (lb.-ft.)	<b>186</b>	161	170
Automatic Transmission	<b>6 Speed</b>	5 Speed	6 Speed
Fog Lights			
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Offer(s) available on select new 2011/2012 models through participating dealers to qualified customers who take delivery by April 30, 2012. Dealers may sell or lease for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable). Other dealer charges may be required at the time of purchase. Other lease and financing options also available. \*Optima 3 Payments On Us offer is available on approved credit to eligible retail customers who finance or lease a new 2011/2012 Optima or Optima Hybrid from a participating dealer between April 9 - April 15, 2012. Eligible lease and purchase finance (including FlexChoice) customers will receive a cheque in the amount of \$400/month. Lease and finance (including FlexChoice) purchases are subject to approved credit. Customers will be given a choice between up to \$2,000 reductions from the selling/leasing price after taxes or dealer can issue a cheque to the customer. Some conditions apply. See your dealer for complete details. \*\*US purchase financing is available on select 2012 Kia models on approved credit (OAC). Terms vary by model and term. See dealer for complete details. Representative financing example based on 2012 Optima LX M/T with a selling price of \$28,379 includes delivery and destination fees of \$1,650, OMVIC fee, Environmental fee and A/C tax (\$100, where applicable) financed at 0% APR for 60 months. Monthly payments equal \$435 with a down payment/equivalent trade of \$2,600. Cost of borrowing is \$0 for a total obligation of \$28,379. License, insurance, applicable taxes, variable dealer administration fees (up to \$699), PPSA, and registration fees are extra. Financing example excludes \$1,000 loan savings that is deducted from the negotiated selling price before taxes. Retailer may sell for less. See dealer for full details. \*Don't Pay for 90 Days\* on select models (90-day payment deferral) applies to purchase financing offers on select 2011 and 2012 models on approved credit (OAC). (2011/2012 Sportage/Sorento/Aelona/Borrego excluded). No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. \*Lease offer available on approved credit (OAC) on 2012 Optima (QP54C) is based on monthly payments of \$267 (includes delivery and destination fees of \$1,455, \$34 OMVIC fee, Environmental fee, A/C tax (\$100, where applicable), \$350 lease service fee and a lease savings (lease credit) of \$1,000 (\$1,000 includes \$500 Loyalty Bonus and \$500 lease savings) for 48 months at 2.9% with a \$2,199 down payment/equivalent trade. PPSA, security deposit and first monthly payment due at lease inception. Total lease obligation is \$15,056 with the option to purchase at the end of the term for \$10,054. Lease has 16,000 km/year allowance (other packages available and \$0.22/km for excess kilometres). Other taxes, registration, insurance, licensing and variable dealer administration fees (up to \$699) are excluded. \*Loyalty Bonus offer available on 2012 Optima (QP54C) at a value of \$500 for any current Kia owners who purchase or lease a new 2012 Optima (QP54C) by April 30, 2012. Loyalty Bonus offer applicable to cash purchase, lease and purchase financing only and will be deducted from the negotiated price before taxes. Offer is transferable within same household only (must provide proof of address). Limit of one Loyalty Bonus per customer or household. Certain restrictions apply. See dealer for details. \*Highway/city fuel consumption of these vehicles may vary. These estimates are based on the Transport Canada's approved criteria and testing methods. Refer to the Government of Canada's EnergyGuide Fuel Consumption Guide. Your actual fuel consumption will vary. For more information on our 5-year warranty coverage, visit [kia.ca](http://kia.ca) or call us at 1-877-542-2886. Reproduction of the contents of this material without the expressed written approval of Kia Canada Inc. is prohibited. All information is believed to be accurate, based on information available at the time of printing. Information sourced from independent third-party research. KIA is a trademark of Kia Motors Corporation.



## Working to save trapped miners in Peru

Workers cut logs during the rescue operation to save nine trapped miners at the Cabeza de Negro gold and copper mine in Yauca del Rosario, Peru, Monday. Peruvian authorities say nine miners trapped since April 5 are being supplied with sports drinks, soup and food while emergency responders work to free them.

MARTIN MEJIA/THE ASSOCIATED PRESS

### Crime

## Suspects in court following Tulsa shooting spree

Two Oklahoma men suspected in a shooting rampage that left three people dead and terrorized Tulsa's African-American community made their first court ap-

pearance Monday.

Jake England, 19, and Alvin Watts, 32, appeared via closed-circuit TV.

The judge set their bond at \$9.16 million US apiece.

Both are being held on suspicion of three counts of first-degree murder, two counts of shooting with the intent to kill and one count of possession of a firearm in the commission of a felony. They will be formally

charged at a later date.

Neither had an attorney present. Their next appearance is set for April 16.

Police have identified both suspects as white, while all five victims in Friday's shootings were black. Police say it's too early to say whether the attacks in Tulsa's predominantly black north side were racially motivated.

THE ASSOCIATED PRESS

# No grand jury in Trayvon shooting

**Neighbourhood-watch incident.** Decision on whether to charge unarmed teen's shooter in hands of special prosecutor



Trayvon Martin.  
MARTIN FAMILY/THE ASSOCIATED PRESS

A grand jury will not look into the Trayvon Martin death, a U.S. special prosecutor said Monday, eliminating the possibility of a first-degree murder charge and leaving the decision of whether to charge the teen's shooter in her hands alone.

Angela Corey said her decision had no bearing on whether she would file charges against George Zimmerman, the neighbourhood-watch volunteer who has said he shot the unarmed black teen in self-defence.

Corey could still decide to charge him with a serious felony such as manslaughter, which can carry a lengthy prison sentence.

The case has led to protests across the U.S. and spurred a debate about race and the laws of self-defence. Martin was black; Zimmerman's father is white and his mother is Hispanic.

Zimmerman has claimed

and charge him with something else," Hill said. "What does she need a grand jury for? She cuts out the unpredictability of the grand jury. She goes where she feels she has more evidence."

Corey took over the case last month after the prosecutor who normally handles cases out of the city of Sanford recused himself. That prosecutor, Norm Wolfinger, had originally called for the case to be presented before a grand jury.

"From the moment she was assigned, Ms. Corey noted she may not need a grand jury," said a statement from Corey's office.

Prosecutors sometimes use grand juries to avoid the political fallout from controversial cases. But Corey was elected by voters more than 160 kilometres away, so political problems are less of an issue, Hill said.

An attorney for Martin's parents said in a statement that he is not surprised by the decision to avoid the grand jury and hopes a decision is reached soon.

"The family has been patient throughout this process and asks that those who support them do the same," said attorney Benjamin Crump.

THE ASSOCIATED PRESS

# Jury selection starts in killing of Oscar winner's relatives

A judge will question would-be jurors as jury selection begins in earnest at the Chicago trial of the man accused of murdering singer and Oscar-winning actress Jennifer Hudson's mother, brother and nephew.

Hudson, who was not in Chicago at the time of the killings, told investigators she was in touch with her mother almost every day and became concerned when she couldn't reach her by late morning on Oct. 24, 2008.

Hours later, the bodies of her mother, Darnell

Donerson, 57, and brother, Jason Hudson, 29, were found shot to death in the family home. The body of her seven-year-old nephew, Julian King, was found days later in a sport utility vehicle several kilometres away.

Selecting 12 jurors and six alternates able to set aside sympathy for the Hollywood star and assess guilt only according to evidence presented in court against William Balfour could pose a challenge.

It's expected to take two or three days to make final

selections from among 150 prospective jurors.

Judge Charles Burns will aim to weed out anyone who might be swayed by the 30-year-old Hudson's celebrity, though he's unlikely to automatically exclude Hudson fans if they can convince him their biases won't affect their deliberations.

If convicted, Balfour, who is also 30, faces a maximum life sentence. His lawyers have said the evidence is circumstantial; prosecutors say the proof includes gun residue. THE ASSOCIATED PRESS

### Testimony begins April 23

Court officials say Hudson is expected to attend every day of the trial.

- Hudson is on a 300-name list of potential witnesses, though it's not certain she will testify.
- Nine of 66 questions on a questionnaire the would-be jurors filled out dealt with Hudson's career.



Jennifer Hudson arrives before the 83rd Academy Awards in February 2011 in Hollywood. CHRIS PIZZELLO/THE ASSOCIATED PRESS

### No one killed

## U.S. navy will compensate victims of military jet crash

U.S. navy officials say they will begin providing compensation right away to those affected by Friday's military jet crash into a Virginia Beach apartment

complex.

Initial payments will begin at \$2,300 US for an individual resident, with more going to residents with families.

Dozens of apartment units were destroyed when the F/A-18D Hornet careened into the Mayfair Mews apartment complex.

Residents won't be permitted onto the site until the cleanup is complete.

THE ASSOCIATED PRESS

### Dame Grand Cross

## Camilla gets highest female rank in Royal Victorian Order

Queen Elizabeth has appointed the Duchess of Cornwall to the highest female rank in the Royal Victorian Order, Buckingham Palace said Monday.

The announcement that Camilla has been made a Dame Grand Cross comes on the day of her seventh wedding anniversary with Prince Charles.

Awards under the Royal Victorian Order are given by the Queen to people who have served her or the monarchy in a personal way. They are bestowed independently of the prime minister's office.

THE ASSOCIATED PRESS

### Serbia

## Clashes over permanent housing for Roma people

Fourteen people have been injured in clashes between policemen and stone-hurling rioters protesting the building of a Roma settlement in a Bel-

grade, Serbia, suburb.

Police said 12 officers and two protesters were hurt in the clashes in the village of Resnik on Sunday. About 20 protesters were arrested.

Police were trying to protect the construction of a permanent housing settlement for the Roma, who are to be moved from their slum in downtown Belgrade.

THE ASSOCIATED PRESS





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**OPTIMA**  
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(over \$30,000)

**3**  
**PAYMENTS\$**  
**ON US** SALES  
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WORLD RECORD  
HOLDER FOR FUEL  
CONSUMPTION\*



HWY: 4.9L/100KM  
CITY: 5.6L/100KM

Optima Hybrid shown

**0% FINANCING APR\*\*** FOR UP TO **60 MONTHS** | **\$1,000 ECO-CREDIT\***

Own it from \$510 per month for 60 months. Offer includes delivery, destination and fees of \$1,939. Based on a purchase price of \$30,595.  
\*Lowest Fuel Consumption by a Hybrid car. 3.6L per 100km.

DARE TO COMPARE	KIA OPTIMA HYBRID BASE	2012 Toyota Camry Hybrid LE	2012 Ford Fusion Hybrid Base
Horsepower (hp)	206	200	191
Windshield Wiper De-Icer	✓	X	X
Memory Driver Seat	✓	X	X
Rearview Camera	✓	X	X
Heated Front Seats	✓	X	X



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\*5-year/100,000 km worry-free  
comprehensive warranty



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Prices do not include dealer administration fees (\$399 to \$699), licensing, PPSA or applicable taxes.

Offer(s) available on select new 2011/2012 models through participating dealers to qualified customers who take delivery by April 30, 2012. Dealers may sell or lease for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable). Other dealer charges may be required at the time of purchase. \*Optima 3 Payments On Us offer is available on approved credit to eligible retail customers who finance or lease a new 2011/2012 Optima or Optima Hybrid from a participating dealer between April 9 - April 15, 2012. Eligible lease and purchase finance (including FlexChoice) customers will receive a cheque in the amount of 3 payments (excluding taxes) to a maximum of \$400/month. Lease and finance (including FlexChoice) purchases are subject to approved credit. Customers will be given a choice between up to \$1,200 reductions from the selling/leasing price after taxes or dealer can issue a cheque to the customer. Some conditions apply. See your dealer for complete details. \*\*Representative financing example based on 2012 Optima (SR 386) with a selling price of \$28,379 (includes delivery and destination fees of \$1,939, other fees of \$34, OMVIC fee, Environmental Fee and A/C tax (\$100, where applicable)) financed at 0% APR for 60 months. Monthly payments equal \$413 with a down payment/equivalent trade of \$2,600. Cost of borrowing is \$0 for a total obligation of \$28,379. License, insurance, applicable taxes, variable dealer administration fees (up to \$699), PPSA, and registration fees are extra. Financing example excludes \$1,000 loan savings that is deducted from the negotiated selling price before taxes. Retailer may sell for less. See dealer for full details. \*Don't Pay for 90 Days\* on select models (90-day payment deferral) applies to purchase financing offers on select 2011 and 2012 models on approved credit. (OAC) (2011/2012 Sportage (Sorento) (Sedona) (Borrego) excluded). No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. \*ECO-Credit for 2011 Optima Hybrid is \$1,000 and is applicable to the purchase or lease of a new 2011 Kia Optima Hybrid. Available at participating dealers. Certain restrictions apply. See dealer for details. \*Highway city fuel consumption of these vehicles may vary. These estimates are based on the Transport Canada's approved criteria and testing methods. Refer to the government of Canada's EnergyGuide Fuel Consumption Guide. Your actual fuel consumption will vary. \*2011 Optima Hybrid awarded Guinness Book of World Records for the lowest fuel consumption in a hybrid gasoline vehicle while driving through all 48 adjoining U.S. states. For more information on our 5-year warranty coverage, visit [kia.ca](http://kia.ca) or call us at 1-877-542-2886. Reproduction of the contents of this material without the expressed written approval of Kia Canada Inc. is prohibited. All information is believed to be accurate, based on information available at the time of printing. Information sourced from independent third-party research. KIA is a trademark of Kia Motors Corporation.

# MOVIN' ON UP TO A DELUXE

**Thinking of retiring on Mars?** It could be a thing of the not-too-distant future, but blasting off remains expensive, and not a priority for earthly governments



ELISABETH BRAW  
Metro World News

Astronauts can live in space for six months, so what's to stop others from spending half a year there, too? Or living there permanently?

Very little.

"An American millionaire who has made a fortune on hotels is already trying out inflatable space stations for use as space hotels," notes Chris Welch, lecturer in astronautics and space systems at the International Space University in Strasbourg, France.

"Once we have hotels in space, living in space won't be very far away."

The millionaire, Robert Bigelow, runs the company Bigelow Aerospace, whose space capsules will provide long-term accommodation for up to six people.

Galactic Suites also plans space hotels, while Richard Branson's Virgin Galactic intends to launch short-term space flights to lower orbit.

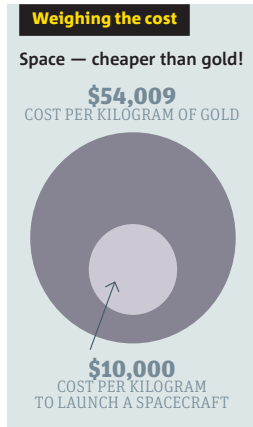
PayPal co-founder Elon Musk, who now runs space-exploration company SpaceX, says he'd like to retire on Mars.

And at universities around the world, researchers are designing the buildings, furniture and even games for humans in space.

The human colonies could float in lower orbit, like the International Space Station, or even be built on the moon.

But even though the science and engineering exists, outer space remains uninhabited by humans.

"It's not a technical problem, but a political one," ex-



plains Larry Bell, professor of space architecture at the University of Houston.

"Politicians are trying to fix the economy and national and international problems, so space isn't a priority. It's seen as too expensive."

Launching a spacecraft carries a price tag of some \$10,000 per kilo.

Space agencies and private companies, however, are undeterred. NASA is even developing new space food for the expected increase in space travellers.

"Because there's no gravity, you can't even fry an egg in space," explains Alvin Drew, a NASA astronaut and head of NASA's advanced exploration systems habitat demonstration unit.

"But until now, the space food could only last for one to two years. Just going to Mars takes 18 months. So our food laboratory is developing new ways of cooking in space. It's still prepared food. But if you inject it into liquid you get a meal that's tastes very good. I just ate a space steak that tasted just like the real thing."

In the end, leaving Earth may become a necessity.

"Building space colonies will increase our chances of surviving," says Welch.

"Space exploration is humans' insurance policy."

## Reluctant investors

### Big space, little interest

The University of Houston's world-famous space-architecture program, headed by Larry Bell, has developed many of the buildings and furniture that could be used in space colonies.

But, says Bell, the number of applicants to the program has been dropping for the past several years.

"Young people see no future in space exploration,"

he notes.

That's because, five decades after John F. Kennedy announced the U.S. would send a man to the moon, the space race with the Soviet Union is over and politicians are reluctant to make major investments in space.

"Space isn't expensive compared to other things we spend money on," reflects Bell. "But as far as governments go, space now seems to be perceived as a burden."

ELISABETH BRAW/  
METRO WORLD NEWS

## MOON TOWN

Moon, the Earth's natural satellite, is the closest large celestial body to our planet. It's being pegged as our first location for space colonization, with plans to build a permanent base there by 2020.

POPULATION  
**180**

### LOCATION

South Pole region

Region has longest exposure to the sun

High elevation offers visibility over large area

### TRANSPORT

Lunar rovers (local);  
Mass driver (electromagnetic catapult to launch spacecraft back to Earth)



### BUILDINGS

Modules built on the surface, covered by lunar soil. Foamed soil protects modules from air leakage, radiation and micrometeoroids.

### LIVING ACCOMMODATION

16 units for 30 persons each, connected by soil-covered tunnels

### WORK SPACE, LABORATORIES

Area surrounded by living accommodation units, interconnected by tunnels. Emergency airlocks in every tunnel.

### COMMUNICATION CENTER

Radio transmission towers, satellite dishes, etc., preferably on higher ground.

## Thrusters on full: Sex in space



Has anyone had sex in space? Leia and Han try to make time. 20TH CENTURY FOX

Anybody who has seen *Barbarella* or *Flash Gordon* will know that space is a sexy place, populated with lustful aliens and new possibilities.

But having a sex life in space is not as straightforward as Hollywood suggests, and would represent a giant leap for mankind. With Earth's resources diminishing, humans need space. They also need sex, and the species' survival may depend on erotic breakthroughs on these, the big questions:

### Has anyone had sex in space?

Nobody's admitted it, although cheeky California scientist Dr. Rhawn Joseph says there are rumours of a couple "sealing the deal" on the International Space Station. In 1991, Jan Davis and Mark Lee became the first married couple to fly

together, breaking NASA rules designed to keep team harmony, but they are believed to have resisted temptation.

### Is it even possible?

"The fantasy might be vastly superior to the reality," says spoilsport NASA physician Jim Logan, pointing to motion sick-

ness and the "messy environment" it would create. In 2000, French science writer Pierre Kohler claimed that NASA had been testing zero-gravity sex in different positions but it was revealed to be a hoax. NASA says it has never conducted any such research but is not against sex in principle, as

long as astronauts have "a constant commitment to honourable behaviour."

### What is the best space-sex tech available?

Probably actress/writer Vanna Bonta's "2 Suit," which uses light, flexible material that a couple can share playtime in. "Sex in space is not just a good idea, it's survival," said our hero. Real-estate billionaire Robert Bigelow is also ahead of the game with his Genesis prototype space hotel.

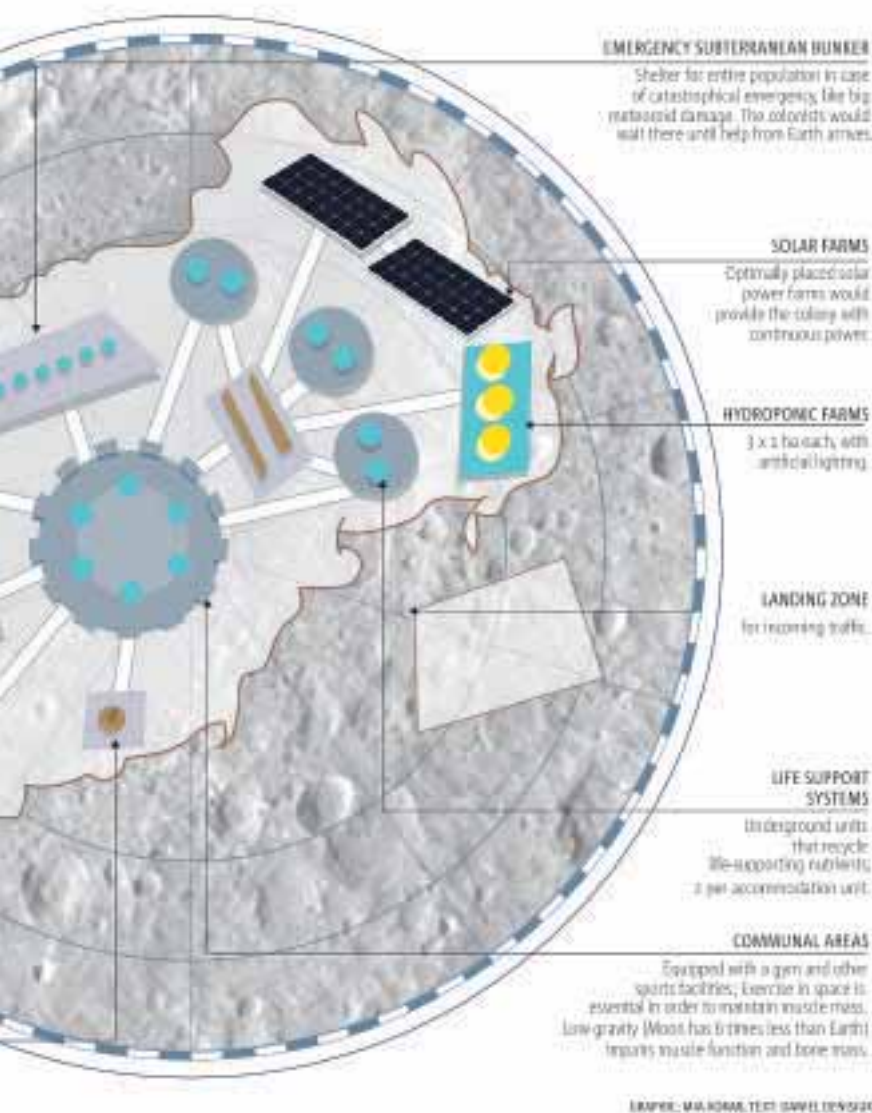
### Could a baby be born in space — and would it be human?

Yes and no. "If you put an infant on Mars, they would adapt to the new environment," says Joseph, a neuroscientist. "And after several generations, you'd have a new species."

KEIRON MONKS/METRO WORLD NEWS



# APARTMENT IN THE SKY

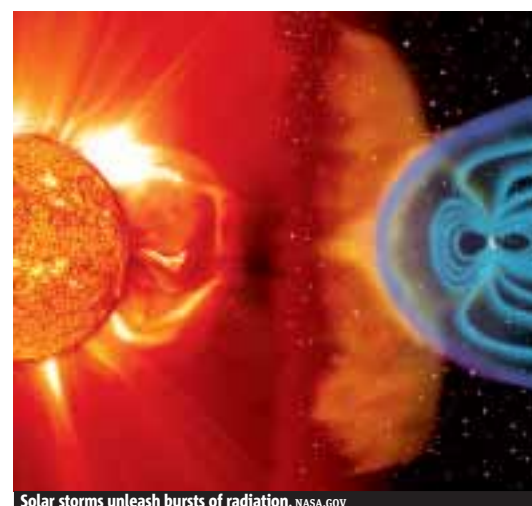


## Seeking shelter from the storms in space

Just as Earth has sun and wind, so does space. In fact, the space weather presents a crucial challenge to human habitation.

"Space weather is not about sun and wind," explains Dr. John Farrow, professor of space applications at the International Space University. "It's about plasma and radiation. But it does have as much variation as our weather down here. In the most extreme circumstances, the weather can terminate a space mission."

The space equivalent of rain is radiation, which rains down on astronauts and forces them to carry "umbrellas" — radiation-proof space suits — or stay inside their capsule.



Solar storms unleash bursts of radiation. NASA.GOV

### Weather everywhere

**"Space weather is not about sun and wind. It's about plasma and radiation. But it does have as much variation as our weather down here."**

Dr. John Farrow,  
professor of space applications, ISU

"But just like a regular umbrella doesn't fully protect against rain, a 'space umbrella' doesn't fully protect against radiation," notes Farrow. "And the problem with radiation is that you can't see it."

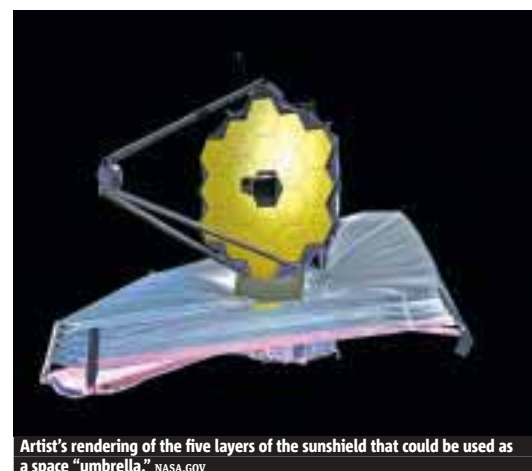
Radiation, of course, causes chronic illnesses like cancer.

"On the moon you have no protection against space weather," explains Prof. Alex Ignatiev, director of the Center for Advanced Materials at the University of Houston.

"If we're going to live there, we'd need a one-to-two-metre-thick layer of lunar sand on top of the capsule. Lunar sand absorbs radiation from the sun. Mars would be a little easier because it has a bit of atmosphere. But space weather is a major challenge."

On the other hand, the moon has water, and is easily accessible from Earth. But if humans are to establish space colonies, they have to design space suits that will provide complete protection against radiation.

They also have to design space capsules that can withstand sudden weather changes and fluctuating temperatures.



Artist's rendering of the five layers of the sunshield that could be used as a space "umbrella." NASA.GOV

### Q&A

## 'Next step will be the moon'

A Q&A with Alvin Drew, director of NASA's advanced exploration systems habitat demonstration unit.

**When will we live in space?**  
Our goal is to explore Mars within 25 to 30 years. To reach that goal, we'll start by exploring asteroids, and keep exploring the moon. And to do so, we need human habitats on the Moon and these asteroids.

**What will habitats look like?**  
Very different from the International Space Station. They won't look different on the outside, but

the difference is that the ISS is in lower orbit, within Earth's magnetic field, which protects us from radiation. A habitat farther away from Earth needs huge radiation protection. And farther

away from Earth there's never a sunset, so your body doesn't know what time of the day it is. Then there are speed delays: Even if you're communicating at the speed of light, a signal takes 20 minutes to reach Earth.

That's very different from the ISS, where we have cameras that literally look over the astronauts' shoulders and we can communicate immediately.

METRO  
WORLD NEWS



### In Metro Wednesday

- **Exploring the cosmic kitchen:** Metro takes a look at what's on the menu in space.

### In Metro Thursday

- **We reveal the Canadian finalist for our Metro Race for Space contest.**

### More at metronews.ca

- **Suiting up:** Designers best known for dressing Lady Gaga and Rihanna reveal their take on a spacesuit.
- **Angry astrophysicist:** Neil deGrasse Tyson reviews Angry Birds Space.



ELISABETH BRAW/METRO WORLD NEWS



An iPhone user shares a photo on Facebook with the Instagram app on Monday in New York. KARLY DOMB SAIDU/THE ASSOCIATED PRESS

# Facebook buys Instagram

**Picture perfect.** Social-networking giant spending \$1 billion US to acquire popular photo app

Facebook is spending \$1 billion US to buy the photo-sharing company Instagram in the social network's largest acquisition ever.

Instagram lets people apply filters to photos they snap with their mobile devices and share them with friends and strangers. Some of the filters make the photos look as if they've been taken in the 1970s or on Polaroid cameras.

"This is an important mile-

stone for Facebook because it's the first time we've ever acquired a product and company with so many users," CEO Mark Zuckerberg wrote on his Facebook page. "We don't plan on doing many more of these, if any at all."

Facebook said it plans to keep Instagram running independently. That's a departure from its tendency to buy small startups and integrate the technology — or shut them down altogether just so it can hire talented engineers and developers.

Facebook is paying cash and stock for San Francisco-based Instagram and hiring its 10 employees. The deal is expected to close by the end of June.

Facebook is expected to complete its initial public of-

## Online sharing

"We think the fact that Instagram is connected to other services beyond Facebook is an important part of the experience."

Facebook CEO Mark Zuckerberg

fering of stock next month. Getting Instagram is a big win for Facebook as it works to harness people's growing obsession with their mobile devices and sharing every moment of their life.

Instagram was only available on Apple devices until recently. An app for Android devices was released last week.

THE ASSOCIATED PRESS

## Market Minute

**DOLLAR**  
100.35¢ US (-0.27¢)

**TSX**  
12,018.5 (-84.61)

**OIL**  
\$102.46 US (-85¢)

**GOLD**  
\$1,643.90 US (+\$13.80)

**Natural gas:** \$2.107 US (+1.8¢)  
**Dow Jones:** 12,929.59 (-130.55)



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**SHE SAYS...**  
Jessica Napier  
metronews.ca/shesays

I recently received an email letting me know that I had FINALLY achieved a Klout score in the 40s, 45 to be precise. What tangible impact has this had on my everyday life? Abso-

lutely none.

Founded in 2008, Klout.com allows users to measure their fluctuating influence across the social web. While "clout" refers to real political or social power, Klout with a "K" is a much more superficial unit of measurement, much like anything from the Kardashian Kollection.

Users relinquish all sorts of private data from their various social networks — Twitter, Facebook, LinkedIn — and Klout compiles a score ranging from one to 100. This influence score reflects your ability to drive action within your social circles.

I first learned about Klout at a web conference I attended last year. I registered immediately, a decision based on equal parts curiosity and vanity. After determining my score and realizing just how irrelevant it was, I completely forgot about my account.

## Scope of influence

But while I was quick to dismiss it, many are eager to find out where they land on the barometer of influence. To date, the San Francisco startup has assigned Klout scores to over 100-million people and brands worldwide.

But while I was quick to dismiss it, many are eager to find out where they land on the barometer of influence. To date, the San Francisco startup has assigned Klout scores to more than 100-million people and brands worldwide.

Interestingly, Klout not only tells you who you are influencing and how much, but what topics you are influential about. However, based on my personal experience, the accuracy of these insights varies from spot-on

to absolutely absurd.

Here are some of the peculiar subject areas that I am apparently influential about: The New York Jets, animals, diamonds. I can guarantee that I have never made an online (or offline) reference to the New York Jets in my life so who knows what sort of obscure algorithms they use to come up with this nonsense. As an animal-indifferent individual with a non-existent diamond collection, I'm pretty skeptical on whether these insights into my online reputation are really all that significant.

In a recent study titled The Rise of Digital Influence, author Brian Solis questions the accuracy of Klout and similar measurement tools that rank users' online social capital. Solis suggests that in reality these arbitrary numbers aren't a reflection of an individual's true influence or capacity to influence, but of their online visibility.

As social media becomes less about socializing and more about shameless self-promotion, companies like Klout certainly aren't going anywhere. And while I'm sure there is some real value in analyzing online engagement, this quantification of influence has also created an army of self-important tweeters obsessing over their personal brand.



A shop in Tahrir Square is spray painted with the word "Facebook" after the government shut off Internet access in this Feb. 4, 2011, file photo. Klout.com allows users to measure their social influence, but the accuracy is up for debate. PETER MACDIARMID/GETTY IMAGES

# Weather — a 'guilty pleasure'



Visitors stand under cherry trees in blossom by the Tidal Basin March 19 in Washington. It's been so warm in the United States this year, especially in March, that national records weren't just broken, they were deep-fried. ALEX WONG/GETTY IMAGES

## Not your average March

### High temperatures alarm experts

Temperatures in the lower 48 states were above normal for March, according to calculations by the National Oceanic and Atmospheric Administration in the U.S. That far exceeds the old records.

The magnitude of how unusual the year has been in the U.S. has alarmed some meteorologists who have warned about global warming. One climate scientist said it's the weather equivalent of a baseball player on steroids, with old records obliterated.

THE ASSOCIATED PRESS

## Global 'warning'?

"Everybody has this uneasy feeling. This is weird. This is not good.... It's a guilty pleasure. You're out enjoying this nice March weather, but you know it's not a good thing."

Jerry Meehl, climate scientist who specializes in extreme weather at the National Center for Atmospheric Research in Boulder, Colo.

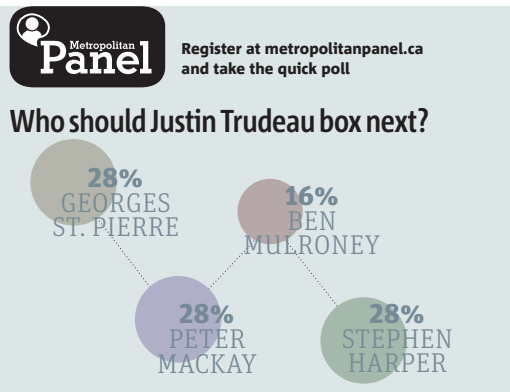
## The facts

- It's important to note that this unusual winter heat is mostly a North American phenomenon. Much of the rest of the Northern Hemisphere has been cold, said NOAA meteorologist Martin Hoerling.
- The atypical heat goes back even further. The U.S. winter of 2010-2011 was slightly cooler than normal and one of the snowiest in recent years, but after that things started heating up.
- The summer of 2011 was the second-warmest summer on record.

## Record-breaking

# 1.4

The first quarter of 2012 broke the January-March record by 1.4 degrees. Usually records are broken by just one- or two-tenths of a degree. U.S. temperature records date to 1895.



**Twitter**

**@valoasis:** Easter with Friends today. <3

**@MSTOP:** I hate having that hacking annoying cough when I have a cold... how do smokers do it all the time? Good grief.

**@MurphyPaws:** If you are facing a fridge full of Easter leftovers think about those who aren't. Last day of the Food Drive Please help if you can! #ld-

**nont**

**@FoodDrunkLondon:** I hate when you reach into your pocket and find money, only to discover it 25 cents worth of Canadian tire\$ \$ #ldnont #letdown

**@mr\_bellringer:** I wonder if @jaymelow is as excited as I am that there will finally be garbage collection tomorrow. I'm excited. #superexcited #ldnont





# The 12 Days of CLEANING

## London Clean & Green Schedule for April

APRIL TUE  
**10**

### London Clean & Green Kick-off!

Mayor Fontana launches the 12 Days of Cleaning.

**1 pm**  
at Oxford St  
EnviroDepot  
[www.london.ca](http://www.london.ca)

APRIL WED  
**11**

### Clean with enviro-friendly products

Learn about earth friendly alternatives for your spring cleaning routines at ecoLIVING London.  
[www.ecolivinglondon.org](http://www.ecolivinglondon.org)

APRIL THU  
**12**

### Clean your garage

Clear your garage & basement of household special waste in a safe and responsible way.  
[www.london.ca](http://www.london.ca)  
[www.makethedrop.ca](http://www.makethedrop.ca)

APRIL FRI  
**13**

### Clean up renovation materials

Clean up and recycle those renovation materials. Bring to City depots or Try Recycling. Fees apply.  
[www.tryrecycling.com](http://www.tryrecycling.com)

APRIL SAT  
**14**

### Keep your drain clean

No FOGs (Fats, Oils & Grease). Visit RONA to see a display on what happens when your drains get clogged with FOGs.  
[www.london.ca](http://www.london.ca)

**10 am - 3 pm**

**RONA**

Wonderland Rd, (south of Sarnia Rd)

APRIL SUN  
**15**

### Clean your closet – clothing drive

Remember Goodwill – bring your lightly used clothing to the nearest drop off location.  
[www.goodwillindustries.ca](http://www.goodwillindustries.ca)



APRIL MON  
**16**

### Book your FREE fridge & freezer pickup

Get a free pack of CFL bulbs April 10 - 22 or drop off non-working appliances at City depots.  
[www.londonhydro.com](http://www.londonhydro.com)



APRIL TUE  
**17**

### Clean your medicine cabinet or drawer

Never flush unused medicines down the drain. Return them to your local pharmacy or City Household Special Waste Depot.  
[www.makethedrop.ca](http://www.makethedrop.ca)

APRIL WED  
**18**

### Electronics recycling

'Let it go!' Clear away the old TV & computer – many convenient options for reuse and recycling at no charge.  
[www.london.ca/electronics](http://www.london.ca/electronics)

APRIL THU  
**19**

### Clean up used tires

Recycle those tires at no charge – many convenient locations.  
[www.ontariots.ca](http://www.ontariots.ca)

APRIL FRI  
**20**

### 20 Minute Business Makeover



Wear your company gear, grab a garbage bag, collect litter and sweep up for 20 minutes.  
[www.cleangreen.london.ca](http://www.cleangreen.london.ca)

APRIL SAT  
**21**

### Community Clean Up Day!

- 10 City-wide locations
- Clean your own neighbourhood
- Thames River cleanup

**9 am - noon**

**CONTEST** on London Clean & Green Facebook page

[www.facebook.com/londoncleangreen](http://www.facebook.com/londoncleangreen)



Earth Day<sup>®</sup>  
CANADA

### Sunday, April 22 Earth Day Celebration

Tree planting & family activities  
Watson Street Park, Wellington Rd, at the south branch of Thames River.

**11 am - 3 pm**

[www.thamesriver.on.ca](http://www.thamesriver.on.ca)



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DVD reviews



## The Iron Lady

Director. Phyllida Lloyd

Stars. Meryl Streep, Jim Broadbent, Richard E. Grant

Phyllida Lloyd's biopic on Margaret Thatcher takes its title from the nickname of Britain's first female prime minister, who was hailed by some and cursed by others when she headed the government from 1979 to 1990.

The film's 2011 theatrical release gathered similar extremes of reactions. But nearly everyone agrees on one thing: Meryl Streep gives a towering performance in the title role. She was rewarded with a best-actress Oscar for a portrayal that takes Thatcher from shopkeeper's daughter to young bride, and from powerhouse in parliament to tottering, demented old widow. Lloyd, and writer Abi Morgan, use the controversial device of the ghost spouse. Thatcher's late husband, Denis, played by the reliable Jim Broadbent, appears frequently as Thatcher's spectral companion, offering advice and admonishments with loving devotion. It's a difficult trick to pull off, and its use here has not been universally applauded. But to me, it's a perfect evocation by two superlative actors of the almost supernatural bond that longtime couples achieve.

PETER HOWELL



Conor Maynard's vocals are impressing some big names in the music world. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

# Move over Bieber, here comes a Brit

**New talent.** British teen Conor Maynard is set to debut a single after being discovered on YouTube. Sound familiar?

Being called the new Justin Bieber has put British singer Conor Maynard on the music world's radar.

The 19-year-old from Brighton has gone from uploading videos of himself singing at home to working with Pharrell Williams on his debut album in Florida.

Maynard realized that by putting up covers of current tracks, people would stumble across his own versions. The results were impressive — NeYo offered to work with him after

watching his version of Beautiful Monster and Chris Brown retweeted the video of his Yeah 3x. Maynard couldn't believe his luck.

Actually, he was so skeptical he insisted on a chat with NeYo, to make sure it was the real R'n'B deal, rather than his friends joking around.

"It was about midnight when I was on Skype to him, everyone in my house was asleep," Maynard told The Associated Press.

"So I was like, 'Hi, NeYo.' That kind of killed any starstruckness — I had to talk really quietly."

Record company interest followed and now Maynard is dropping his debut single, Can't Say No, on April 20 through Polydor.

The comparisons with Bieber aren't that far off the mark. Both got their break via

YouTube, both were mentored by an established rhythm and blues star (Bieber's being Usher) and both, while inspired by American urban music, are foreigners.

"In terms of the music, it ends there," says Maynard.

"(I have) a very different sound. But it's obviously flattering to be compared to one of the biggest artists in the world right now when I haven't even released my first single yet."

His talent was discovered when he was overheard singing to himself on the way home from school in Brighton, a hip coastal town in southern England.

His friends kept asking him to perform, so he started putting videos online to keep them happy.

Soon after NeYo spotted him, record companies caught on and he signed with Polydor

in the U.K. MTV has picked him as being one to watch for 2012 after he won their Brand New competition.

Thanks to Maynard's online following, Can't Say No has already clocked up over three million views in a month. He's also got 124,560 followers on Twitter — and the number is rising.

Can't Say No is reminiscent of Justin Timberlake's vocals, with a catchy "Houston, I think we got a problem" hook.

An album is set to follow this summer and it has already gone down well with his five-star friends. Maynard has played it for Pharrell, Ludacris, Tyler The Creator, Lil Wayne and NeYo, among others.

"They've heard all the tracks I was doing and what I'm planning to do — they're really excited about it as well," he said.

THE ASSOCIATED PRESS



## SCENE

### Scene in brief

## Stars to earn their stripes

A new TV competition series that tests celebrities against the demands of military exercises will be produced for NBC. Stars Earn Stripes is the working title of the show from veteran producers Dick Wolf (Law & Order) and Mark Burnett (Survivor, The Voice). Nine celebrities from music, sports and Hollywood will be paired with trainers at a "top-notch, secret training facility," the producers said. The contestants will face weekly challenges such as hostage-rescue exercises or placing a laser target atop a mountain. Burnett, who joined the British military at age 17 and served as a paratrooper, said celebrities and the audience will realize how "hard and scary" such tasks are. An air date for Stars Earn Stripes wasn't announced.

### On the web



Loud and clear: Country star Keith Urban enjoys benefits of surgery, performs at Hall benefit

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# Here comes the Biel: Jessica's going gown shopping?



Jessica Biel ALL PHOTOS GETTY IMAGES

Jessica Biel is a bride-to-be on a mission.

The actress, who is reportedly engaged to Justin Timberlake, embarked on a seven-hour shopping spree in Paris Friday — with stops at at least two major bridal designers,

according to People magazine. Biel's assistant, at her side the whole time, was reportedly toting a massive wedding planning book.

Sources have speculated that the couple will tie the knot this summer.

## METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

**Katy Perry is 'tired' of her fabricated fame. Zzzzzz.**



THE WORD  
Dorothy Robinson  
scene@metronews.ca

Oh boo-hoo: Katy Perry, one of the most manufactured pop stars of the past decade, is fed up with fame, according to Teen Vogue.

"I'm tired of being famous already! But I'm not tired of creating. Fame is, I think, just a disgusting by-product of what I do," Perry tells the magazine. "It's a delicate creature — a wild animal of sorts. It can love you, and then it can attack you. But really, I stopped focusing on what other people think a



while ago."

Oh, so you wearing an ice cream bra, marrying a super-famous actor and then divorcing him, riding Teenage Dream into the ground until it yielded as many No. 1 singles as Thriller and then releasing yet another version of the album (The Complete Confection) are all ploys to keep you under the radar? Yes, that totally makes sense.

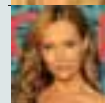
Being famous and then complaining about being famous is so tiring. You can give it all up and live in a yurt, you know. It's not that hard to not be a celebrity anymore. Just look at Tiffany.

### Twitter



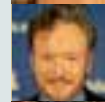
@JessicaSimpson

Last chance to see me "fat" aka PREGNANT on the cover of Elle :) I loved this shoot, only on stands for a few more days!!!



@LeslieMann

Just cut my lip trying to bite off the corkscrew to my wine bottle. Im alone too.



@ConanOBrien

Just saw a lame white guy lip-synching a Jay-Z song as I drove past the mirror store.



@JohnFugelsang

The only thing Americans hate more than the Chinese being communist is when the Chinese outdo us as capitalists.

## Bad boy Jesse James has been beat up enough

As far as Jesse James is concerned, it's about time everyone forgave him for cheating on Sandra Bullock. "I don't know anybody anywhere that's had to endure what I had to endure for basically infidelity," the reality TV star tells Yahoo's omg! blog. "I stood up like a man and admitted my wrongs and what I did and all that did is make every s--- tabloid everywhere across the world come after me even harder. I'm strong. I can take it."



Jesse James

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Jennifer Lopez

## Lopez gives a truck: Boyfriend gets gifted

When it comes to a boyfriend's birthday, Jennifer Lopez goes big.

The singer reportedly gifted beau Casper Smart with a custom White Dodge pickup truck for his 25th birthday, according to People magazine. Lopez

"knew that Casper really wanted a truck, and Casper was very excited about the generous gift," a source says. "Casper was so excited about his new truck that he decided to drive it to dinner. She was smiling about Casper's excitement."

## Kidman to play Kelly

Nicole Kidman is reportedly the front-runner to play Grace Kelly in an indie film about the actress-turned-princess' early days as a member of the royal family in Monaco, according to the Hollywood Reporter.

The film, Grace of Monaco, will be directed by La Vie en Rose helmer Olivier Dahan.

"Nearly every top actress in Hollywood chased the demanding yet coveted role," a source says, though no official deals have been made.



Nicole Kidman





Studies show what we already know: getting outside is good for you. ISTOCK PHOTOS

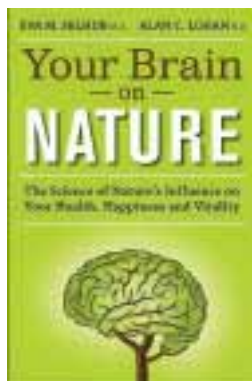
# Take a fresh breath of nature and inhale the health benefits

**New book.** Your Brain on Nature shows the powerful influence being out in the woods has on your thinking

CELIA  
MILNE  
life@metronews.ca

Get high on nature. Walking through a forest feels better than sitting at a desk.

Duh. That's a no-brainer. But now experts around the world are gathering hard, scientific evidence for what



we all know innately: exposure to nature has a powerful

## Nature nerds

### Can't get outside?

- **Decorating.** Bring the outdoors in. When decorating your home, use natural wood, but not too

much of it. Studies show the ideal amount is 30 per cent to 40 per cent of the surface area. Potted plants are great; the ideal number in an office is four.

influence on the brain.

"There isn't a single study that proves beyond question that nature is good for the brain, but rather it is the combination of all the studies," says Dr. Alan Logan, co-author of a new book called *Your Brain on Nature*.

His message?

"Take nature breaks and power down the smartphone." Logan is a graduate of the Canadian College of Naturopathic Medicine and now lives in Connecticut.

His co-author is Dr. Eva Selhub, a Harvard Medical School physician.

Japanese studies were

among the first to show that immersing oneself in green space, or "forest bathing," has a positive effect on stress and immunity.

Emerging studies show time spent in forests or urban parks also leads to enhanced cognitive focus and positive mental outlook, says Logan.

Why? It is partly related to chemicals released from trees called phytoncides, which have been linked to improved immunity, and partly because of invisible negative ions found near water and forests; they have been linked to brighter mental outlook.

## Best Health

### Why we should eat whole grains



**BEST HEALTH MINUTE**  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

In each issue of Best Health, our Eat Well section includes easy and delicious recipes, and also shows you the latest and most credible research into the science of foods. In our March/April issue, on newsstands now, we outline the benefits of getting whole grains, which

are a great source of fibre and protein. Adults are supposed to get six to seven servings of grains a day. Here's why:

#### Fight "bad" cholesterol.

Years of research shows that oats can lower the body's 'bad' cholesterol without an adverse effect on 'good' cholesterol.

#### Blast belly fat.

A study published in 2011 in the journal *Obesity* linked eating more soluble fibre to reduced visceral fat. This fat is found deep in the belly surrounding vital organs; higher amounts are associated with high blood



pressure, diabetes and fatty liver disease. For every 10-gram increase in soluble fibre that study participants

consumed per day, visceral fat was reduced by almost four per cent.

#### Prevent gallstones.

A study published in the *American Journal of Gastroenterology* found that women eating the most foods high in insoluble fibre had a 17 per cent lower risk of gallstones compared to those eating the least.

#### Control blood sugar.

According to research done at Lund University in Sweden, eating the right grains for breakfast — such as whole-grain barley, either boiled or in bread — helped to moderate increases in

blood sugar for up to 10 hours. This is beneficial because large fluctuations in blood sugar levels are linked to an increased risk of type 2 diabetes, obesity and cardiovascular diseases.

#### Fights free radicals.

Spelt — an ancient grain related to wheat — is a rich source of manganese. It works with an enzyme that helps fight free radicals in the body that may play a role in aging, heart disease and cancer, preventing some of the damage the free radicals cause. A half-cup serving of cooked spelt provides 60 per cent of your daily needs.

# 3 LIFE

## Health minute

### Obesity could be worse than feared

Everybody's least favourite number, BMI (body mass index), may be totally off in calculating fat, according to a new study. However, before you get too excited, the potential inaccuracy actually underestimates body fat. According to a report in the *Public Library of Science's PLoS One* journal, BMI calculations, which are based on height and weight, were compared to X-ray absorptiometry — or DXA — scans, which calculates obesity based on fat-composition standard. Turns out, BMI calculations often classify people as "underweight" when the DXA scans would consider them obese, nearly four out of 10 times. The findings of this study, of course, imply that North America's already atrocious obesity rate is actually much worse than we know. Additionally, this means some may be unaware that they are obese (which is hard to imagine) and therefore not taking proper steps in health care.

METRO WORLD NEWS

## On the Web



U.S. agency warns of cancer drug counterfeit



# Expected meets unexpected at Dancing Greek Taverna



Paidakia lamb chops (\$17). PAUL MITCHELL



**LUNCH RUSH**  
Paul Mitchell  
life@metronews.ca

The Dancing Greek, hidden within the Huron House's warren-like maze of distinct dining areas, kicks up delectable lamb

and pork dishes.

After bypassing a diner at the entrance, followed by a dark sports bar, I emerge into a bright, beautifully muralled Mediterranean restaurant. The room is busy and lively, much more welcoming than my server, and I choose a table over a confining booth.

The menu features everything expected from a Greek restaurant – saganaki, grilled seafood, stuffed grape leaves – plus an unexpected range of poutine and sandwich options (odd).

My Pork Tenderloin Souvlaki dinner (\$15) arrives heaping with flavourful, perfumed

rice, pita, vegetables and fries. The well-grilled skewers are tender and juicy. Dancing Greek Taverna's Paidakia lamb chops (\$17) are also particularly delicious from a 36-hour marinade.

Although service is spotty, charming decor and generous, well-crafted traditional food make this spot a good choice for a long, leisurely lunch.

## Visiting the restaurant

**Dancing Greek Taverna**

**Address.** 1345 Huron St.

**Phone.** 519-451-1420

**Website.** dancinggreek.com

**Rating.** 3.5/5

**Price range.** \$8 - \$26

**Lunch with co-workers.** Yes

**Social lunch.** Yes

**Quick solo lunch.** No

## Lemon Rice Pudding. A creamy, decadent and quick weeknight dessert



1. In heavy saucepan, bring rice, milk and maple syrup to simmer over medium heat, stirring often. Reduce heat to low, cover and simmer, stirring occasionally, 20 minutes. Stir in cranberries and half of rind; cover and simmer 10 minutes or until rice is soft and pudding is slightly thickened. Serve hot, warm or cold, stirring in more milk as necessary to thin. Sprinkle each serving with cinnamon and remaining rind. **DAIRY FARMERS OF CANADA/ THE CANADIAN PRESS/ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST,**

**COOKBOOK AUTHOR AND TV CELEBRITY CHEF. (EMILYRICHARDSCOOKS.CA)**

## Ingredients

- 125 ml (1/2 cup) arborio (short grain Italian) rice
- 750 ml (3 cups) 2% milk
- 45 ml (3 tbsp) pure maple syrup
- 50 ml (1/4 cup) dried cranberries, cherries or blueberries
- 1 1/2 tsp (7 mL) grated lemon or orange rind
- Ground cinnamon

# Spice up your dinner table with Chili Garlic Roasted Shrimp with Fettuccine

Rule No. 1 about spicy ingredients — you don't need to love spicy foods to love what spicy ingredients can do for the foods you do love.

That's because foods such as hot sauces can do way more than simply add mouth-searing heat. Adding just a touch will heighten the other flavours of a dish without adding noticeable spiciness.

Throughout Asia there are numerous condiments referred to as sambals. Most are made by grinding together chili peppers and vinegar. Depending on where you are, other ingredients — such as dried shrimp, fermented soy beans, brown sugar, spices, coconut milk — may be added.

The result is a family of sauces with bright, punchy fla-

vor and a fair amount of heat. They usually accompany meat and rice dishes and are added to taste.

The international aisle of most mainstream grocers in Canada will offer at least one or two varieties and they are worth checking out.

One of the most common is sambal oelek (also called chili paste or fresh chili paste), which is a simple blend of crushed chilies, salt and vinegar. Alongside sambal oelek, you may also find something labelled chili garlic sauce, which is sambal oelek with garlic added.

Either is a fine choice for any of these recipe ideas. The

## Chili Garlic Roasted Shrimp with Fettuccine



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

flavours are intense, slightly acidic and almost pungently sweet.

Like most vinegar-based condiments, sambals can be refrigerated for months after opening (most are marked with "best by" dates).

The condiment is a great addition to give this dish an added kick.

1. In a large bowl, mix together oil, salt, pepper and sambal. Add shrimp and toss well.

2. Transfer shrimp, as well as any sauce in the bowl, to a rimmed baking sheet. Roast in 230 C (450 F) oven for 5 to 7 minutes or until pink and firm.

3. Meanwhile, in large pot of boiling salted water cook pasta for about 5 minutes or until tender but firm. Drain reserving 60 mL (1/4 cup) of the cooking water.

4. In a large bowl, combine

pasta and shrimp. Use a silicone spatula to scrape any liquid from baking sheet into the bowl. Toss well.

5. Sprinkle cheese and green onions over pasta and shrimp, as well as a bit of the reserved pasta cooking water to moisten. Toss until cheese is melted. **THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA**

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Advice

## Funeral etiquette



**CHARLES THE BUTLER**  
askcharlesthebutler@metronews.ca  
For more, visit charlesmacpherson.com

**Because my ex-husband is angry and uncivil, I have not been in communication with my ex-in-laws since our divorce. We were**

**together for more than 20 years and have children. When there is a death or illness in that family, what protocol should I follow? It would seem strange for me to ignore it or not attend a funeral. Please advise.**

Hello. As you are experiencing, anger and lack of civility is unfortunately common after a difficult divorce, and now translating that into

dealing with former family members for such things as death becomes really tough. Even worse, the stress and unease of death makes many people react in an irrational and difficult way.

So back to your question: what should you do when you wish to attend a funeral of a divorced partner? Remember going to a funeral generally has two objectives:

1. To assist you with your personal grieving process.

2. To assist the family and be supportive of them through their grieving process.

If it is a large public funeral, you should feel free to attend. However, if this is a small or private funeral I think it's best you speak with the next of kin (ideally the head of the family of the deceased or your former husband or in-laws etc.).

First express your condolences

and ask if they would feel comfortable with you attending the funeral, since you knew and loved the deceased for more than 20 years.

If they say yes, then attend the funeral, but out of respect for your ex-husband and children, keep a low profile. You are there to pay respects to the person who has just died.

In the event that the family says no, then don't make a big deal about it. You can celebrate this person's

life in several ways: have a church mass said in this person's name or make a small donation to a hospital or organization in the name of the deceased.

Finally no matter what the scenario is, write a note of condolence to each of the family members you are close with.

This is the nicest and most gracious way to think of the living and the dead at the same time.

# Are all guys just jerks?

**Dating.** Amber Madison debunks myths about men

**HEIDI PATALANO**  
Metro New York

Dating can be such a confusing, nerve-racking experience that many women tend to believe certain "truths" about men in order to get some sense of security: "Men are biologically driven to cheat," "men are scared of commitment" and "men care about looks more than anything else" are a few favourites.

But sex and dating expert Amber Madison refused to believe that all of these assumptions were absolutes. To investigate, she travelled to 10 cities and interviewed thousands of men to answer the question, "Are all guys a-holes?" Her book by that very name offers a surprising answer. Here are a few of Madison's findings.

### Guys only care about sex.

"Seventy-three per cent of guys said their primary interest in women was someone to have a long-term relationship with. Eight per cent said sex, and 18 per cent said short-



Amber Madison HANDOUT

term companionship/dating," she says.

### Guys you meet in bars are sleazy.

"True, guys you meet in bars

are in a sleazy frame of mind — they're more likely to stretch the truth in order to get you in bed. But they are just as likely to want to find a girlfriend and get married

as guys not in bars," Madison says. "Sex may be their priority at the moment but it's not their priority in general."

### Guys care about looks more than anything else.

"Only 30 per cent of guys gave looks a five (on a one to five scale of importance), while many more gave humour, intelligence, being caring and ambition a five," she says.

### It's a bad sign when a guy doesn't kiss you at the end of a first date.

"Only 19 per cent say they don't kiss a girl after a date because they didn't like her," the author explains. "Thirty-four per cent said they didn't because it might be too forward, 21 per cent said they didn't have the opportunity and 12 per cent said they wussed out."

### Guys don't want to get married.

"Ninety-five per cent of guys say they want to get married someday. They talk or think about marriage a lot."

### Guys want to make the first move.

"Fifty per cent of guys said a girl making the first move was a turn on, 45 per cent don't care either way and only five per cent think it's 'too aggressive.'"

## Two Sisters. Friends with flirting benefits



**TWO SISTERS**  
Andrea and Claire  
Life@metronews.ca

**Dear sisters, I've been friends with a smart, gorgeous girl for two years now. All our friends always said we'd make a good couple if we were both single. But because she had a long-term boyfriend and I'd been dating, we just exchanged dating stories and flirted a little, but it was "safe" because we were both taken. Now she's single and so am I, and she's sowing her wild oats and still uses me as a confidant. Am I doomed to be her BFF? Boy not friend.**

Claire: Dear BNF,

Don't you wish life were like the movies, so that one of your mutual friends would get her drunk then shout "Can't you tell your true love is right in front of you?" after which she would show up at your house declaring her lust for you?

Basically you two have become friends with flirting benefits. The question

is whether you can become more of a flirtation with friendship benefits. Turning it around takes guts and confidence on your part: you need to let her know you're into her without doing it so bluntly that you risk losing the friendship if she's not into being more than a friend.

Either way, you're in each other's lives.

Andrea: Dear BNF,

Ever hear of the Ladder Theory? Guys have one ladder for all women that they hopefully aren't related to: the higher up she is, the more he wants to sleep with her.

Girls, on the other hand, have two ladders: one is the "friend" ladder because unlike guys, we naively think we can have a platonic relationship with the opposite gender. The other is the standard dating ladder. Between them is the Pit of Doom.

Friends like you often try to jump ladders and fall into the pit, never to be seen again. So, if you can handle utter and total rejection, go for it.

If not, let her keep you on the top rung of friends.

Is it so bad to be around a gorgeous girl without all the messy emotions of a relationship?

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# Small savings, big payoff: 5 easy steps to an extra \$2,000 RRSP contribution

## It's not rocket science.

A few little tricks can help you maximize your RRSP contribution before next year's deadline



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

You've finished your tax return and you're upset be-

cause the refund is less than you hoped. But you're also annoyed with yourself because you didn't maximize your RRSP contributions.

There's not much you can do for 2011 but you still have over 10 months to find

an extra \$2,000 to ease next year's tax burden.

(The following advice is for those who have their debt load under control. If not do the same thing but divert the money to your debts.)



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This little piggy can help you with step #3. ISTOCK IMAGES

### 1. Devote some of your tax refund to your RRSP (\$750)

Last year, according to the Canadian Revenue Agency, the average refund was \$1,506, most from payroll deductions. Take half of that and put it into your RRSP.

### 2. Increase your monthly RRSP contributions by \$50 (\$500 annually based on the 10 remaining contribution months)

If you haven't already enrolled in an automatic RRSP payroll deduction program, start one at \$50 a month. If one is in place increase the deduction by \$50.

### 3. Save your coins (\$250)

This is an easy and painless way to build up excess cash.

Put a container in the entranceway of your house and empty your pocket or purse each time you enter the house.

Count it up monthly and take it to the bank. Try a

### Alison's money rule

**"Small monthly changes now add up to a bigger RRSP contribution."**

little coin-saver dance with each deposit.

People will think you are weird but remember, you're laughing all the way to the bank.

### 4. Windfalls (\$225 annually)

Ask your parents, grandparents and siblings for cash gifts instead of those icky ties and dreadful drug-store bath sets.

Explain why and most will be delighted to have that chore lifted from their shoulders.

### 5. Eliminate one non-necessity a week (\$275)

Almost everyone spends money on something they like but don't need. For example, cut out one specialty coffee, restaurant lunch, takeout meal or magazine a week.

Make these five steps a habit and you'll be well on your way to cutting your taxes and beefing up your retirement savings.

### Think long-term

#### Here's a cool 20-year plan:

- **\$70,000.** Contributing an extra \$2,000 annually will increase your retirement savings by nearly \$70,000 in 20 years (assuming a five per cent average rate of return).

ALISON GRIFFITHS IS THE AUTHOR OF **COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY**. REACH HER AT [ALISONGRIFFITHS.CA](mailto:ALISONGRIFFITHS.CA) OR AT [GRIFFITHS.ALISON@GMAIL.COM](mailto:GRIFFITHS.ALISON@GMAIL.COM)



# Leafs walk away from ACC

**NHL.** Players head into off-season with mandate to improve conditioning after late-season collapse

Dion Phaneuf and Phil Kessel — like the rest of their Maple Leaf teammates — realize there will be little to no room for a comfortable off-season.

The Leafs were handed their marching orders for the off-season Monday, and at the top of the list is a revised and intensified strength and conditioning program.

Kessel revealed he had been playing with an injured left wrist for “quite a while,” and as a result, will rest the injury

immediately instead of playing for Team USA at the world championships. Phaneuf said he will report to team Canada.

Ultimately, though, the bitterness of a monumental collapse and seventh straight season out of the playoffs precipitated a stern message from management — the conditioning factor that was a key part of the club’s season-ending tailspin will not be tolerated next season.

“Yeah, we chatted a bit, but it was all positive,” Kessel said of Monday’s exit meetings with the coaching staff and management.

That “positive” comment was common among the players, along with others like “we gotta learn from our mistakes”;

## Reimer injury

**James Reimer is ready to hit the reset button.**

- Not only was the Leafs goalie anxious to move on from a difficult season, but he was able to do so after receiving promis-

ing news for the future. Reimer visited with a specialist in Montreal over the weekend and learned that his injury troubles are linked to a neck issue rather than a concussion.

**THE CANADIAN PRESS**

“we have a good group of guys in here”; “we’re disappointed.”

But while the players were covering their media obligations with standard replies, they all realized changes to their training, their feel-good roster, and their ability to match the NHL’s overall intensity level in the stretch run, are

both expected and coming.

“We believe in our group but we didn’t get it done, and when that happens they re-evaluate,” Phaneuf said. “We’re in a business where you have to win and when you don’t make the playoffs, things will change.”

**TORSTAR NEWS SERVICE**



Leafs captain Dion Phaneuf speaks in Toronto on Monday.

AARON VINCENT ELKAIM/THE CANADIAN PRESS



## Blue Jays open for business at home in packed dome

Toronto starting pitcher Henderson Alvarez throws out the first pitch of the Blue Jays’ home opener against the Boston Red Sox in Toronto on Monday night. Go to metronews.ca for the game story. **FRANK GUNN/THE CANADIAN PRESS**

## NHL. Sedin returns to ice as Canucks prep for Kings

The Vancouver Canucks’ leading goal-scorer Daniel Sedin returned to the ice Monday after missing nine games with a concussion.

Sedin led Vancouver with 30 goals before being elbowed by Duncan Keith in a 2-1 loss to Chicago on March 21. Keith was suspended five games for the hit.

Sedin was on the ice Monday before his teammates began their scheduled practice and remained with them, although there was no indication he would be ready for the Vancouver’s first playoff game Wednesday against the Los Angeles Kings. **THE CANADIAN PRESS**



Daniel Sedin  
DOUG PENSINGER/GETTY IMAGES FILE

## NBA

### Mavs put Odom on inactive list

The Dallas Mavericks and Lamar Odom are done with each other.

The reigning Sixth Man of the Year and the defending NBA champions who are trying to make sure they get back to the playoffs ended their partnership Monday after an underwhelming 50-games.

“We’ve got to be able to look down that bench and count on folks to be consistent,” general manager Donnie Nelson said. “Unfortunately with him in his state right now, he’s just not capable of doing that.”

**THE ASSOCIATED PRESS**

## NFL. Goodell upholds penalties in bounty case

Sean Payton now knows for certain he won’t be coaching in 2012.

And the New Orleans Saints must figure out whether Bill Parcells or someone else is best suited to take over their team.

NFL commissioner Roger Goodell on Monday rejected the Saints’ appeals of their unprecedented punishment stemming from the NFL’s investigation of the club’s bounty system. The program offered cash bonuses for big hits that knocked opponents out of games or hurt them enough that they had to be helped to the sideline.

Payton’s suspension begins

## Saints coach search

Sean Payton’s suspension was supposed to begin April 1, but he was allowed to continue working during his appeal, delaying plans to select an interim coach.

Monday and runs through the Super Bowl in New Orleans. Goodell upheld bans of eight games for GM Mickey Loomis and six games for assistant coach Joe Vitt, along with a \$500,000 US fine and the loss of second-round draft picks for two years. **THE ASSOCIATED PRESS**

# 4

## SPORTS

### Lokomotiv tragedy

## Russian club finds coach for rebuild

After becoming the new head coach of Lokomotiv Yaroslavl, Tom Rowe was intent on looking ahead to a bright future rather than focusing on the Russian team’s tragic past.

The 55-year-old American accepted the job with the rebuilding KHL team on Monday after spending more than a decade working in various roles for the Carolina Hurricanes organization.

“It’s a great opportunity for me,” Rowe told The Canadian Press. “My family and I are very comfortable with it and looking forward to it.”

Lokomotiv is expected to rejoin the KHL next season after spending a year recovering from the September plane crash that killed 44 people, including the entire team and coaching staff. The job opportunity came with a phone call from former NHL executive Mike Smith, who is helping with the Lokomotiv’s rebuilding efforts and wanted to see if Rowe would be interested in the position. He later went through an interview with team president Yuri Yakovlev.

**THE CANADIAN PRESS**

### On the web



Hockey Canada has hand-picked a talent-packed club full of NHL stars for next month’s IIHF World Hockey Championship, but a certain 60-goal scorer has yet to confirm. Scan the code for the story.

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## Public Auctions

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## ANNOUNCEMENTS

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UNLOCKING THE SECRETS OF TIME  
mysticrootsconference.com

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## Community Events

the TWIDDLE PLAYS ~ A Comedy  
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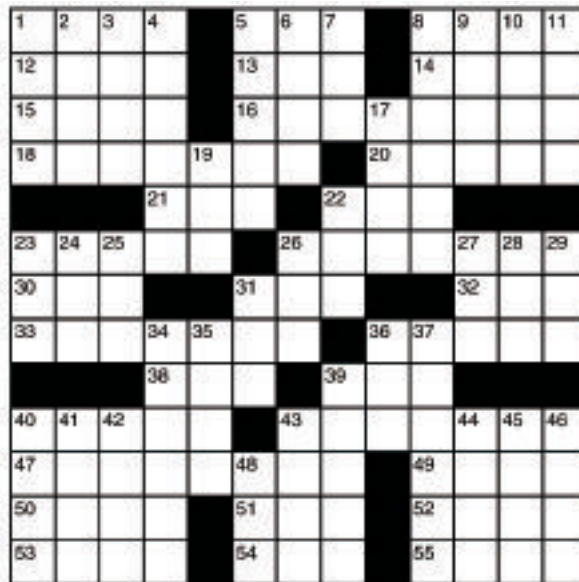
## Crossword

### Across

- 1 Charitable donations
- 5 Vacillate
- 8 Stylish
- 12 Castle protection
- 13 "Birds — feather ..."
- 14 Car
- 15 Gymnast Korbut
- 16 Shirk work
- 18 Greasy-spoon waitress, e.g.
- 20 Travelocity mascot
- 21 Buddhist sect
- 22 Lennon's lady
- 23 Hickory nut
- 26 Playboy
- 30 "That's relaxing"
- 31 Hasten
- 32 In olden days
- 33 Old washer attachment
- 36 Mountaineer's spike
- 38 Einstein's birthplace
- 39 Bart, to Homer
- 40 Remark to the audience
- 43 Brandy cocktail
- 47 TV slugfest host
- 49 Nastase of tennis
- 50 Calendar abbr.
- 51 Parisian pal
- 52 Dweeb
- 53 "Meet Me — Louis"
- 54 "Great Expectations" lad
- 55 Turns right

### Down

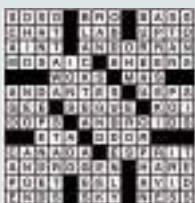
- 1 Andy's pal
- 2 Lounge about
- 3 Creche trio
- 4 Verse
- 5 19th Amendment beneficiaries
- 6 Somewhere out there
- 7 Four qts.
- 8 Big gun
- 9 "Les Miserables" author
- 10 Couple, in a gossip column
- 11 Heart of the matter
- 17 "Aqua et — interdictus"
- 19 Army rank (Abbr.)
- 22 Have bills
- 23 Handle roughly
- 24 Listener
- 25 Greek X
- 26 Round Table address
- 27 Roscoe
- 28 Id counterpart
- 29 Director Howard
- 31 Height of fashion?
- 34 You can't pin anything on him!
- 35 Singer Campbell
- 36 Luau bowlful
- 37 Diamond period
- 39 Divest



- 40 Italian wine region
- 41 Twirled
- 42 Enrages
- 43 Big rig

- 44 Merriment
- 45 Green land
- 46 Cincinnati team
- 48 Space

### Yesterday's Crossword



### Cryptoquip

#### How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

FNWOSM ZBAWWR UWP  
JBCNI ZNC FADKPT'S ISODW  
U IDFNWSEF. ONTNWO NE EAS  
ENEKS IJFA UWP JUMMSR.  
Yesterday's Cryptoquip: IF YOU'RE PLANTING  
SOME CONIFEROUS TREES, IT'S POSSIBLE THAT  
YOU MIGHT BE A CEDAR SEEDER.  
Today's Cryptoquip Clue: E equals T



For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

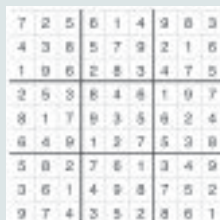
## Sudoku



### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### Yesterday's Sudoku



## Horoscope

- ♈ Aries | March 21 - April 20.**  
Today is the ideal time to think about what you want to do with your life.
- ♉ Taurus | April 21 - May 21.**  
Your rather reserved exterior masks a passionate heart and with Pluto, planet of passion, moving in your favour today you will surely find something to get worked up about.
- ♊ Gemini | May 22 - June 20.**  
There is more to leadership than giving orders.
- ♋ Cancer | June 21 - July 22.**  
Chances are you will be more assertive than normal today, and not everyone will be pleased with that fact.

- ♌ Leo | July 23 - Aug. 22.** For some reason you appear to believe that others are ganging up on you. It's not true.
- ♍ Virgo | Aug. 23 - Sept. 22.** Differences with partners and colleagues and family members have been rather intense of late, but with Pluto now moving in your favour again you will realize that most of them are simply not worth the worry.
- ♎ Libra | Sept. 23 - Oct. 22.** It may annoy you intensely that certain people are taking their time and dragging their feet but what can you do? Don't let your frustration show.
- ♏ Scorpio | Oct. 23 - Nov. 21.**

- You will be more open and approachable than usual.
- ♐ Sagittarius | Nov. 22 - Dec. 21.** A colleague will make a proposal that is actually quite risky sound like the best offer you've ever had. Hopefully you won't fall for it.
- ♑ Capricorn | Dec. 22 - Jan. 20.** Pluto in your sign makes you ultra intense — but only be intense about the right things.
- ♒ Aquarius | Jan. 21 - Feb. 18.** Think hard before diving into a situation you know little about. You can't save everyone you know.
- ♓ Pisces | Feb. 19 - March 20.** There have been far too many lies and deceptions lately. Don't get fooled again. **SALLY BROMPTON**



## Caption Contest

"101 Dalmatians have nothing on us."  
Nancy  
BASSEM TELLAWI/THE ASSOCIATED PRESS

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